



Wydarzenie: IX FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-06-08
Miejsce: Cisna
Dystans: 52 km

II MARATON RZEŹNIKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	HALSKA Anna	1272	ANNA HALSKA COACHING	K30	1	01:35:49	02:56:12	04:31:43	05:55:41.95	05:55:45.30		6:50	8.8 (100%)
2	ZIĘBA Sabina	1473	FOREVER TEAM	K30	2	01:34:49	02:57:22	04:37:20	06:08:42.55	06:08:45.05	+00:12:59 (3.5%)	7:05	8.5 (96.6%)
3	BIENIEK-UGNIEWSKA Joanna	1403	SUNFIT STUDIO	K40	1	01:38:41	03:11:01	04:57:02	06:30:36.85	06:30:42.40	+00:34:57 (8.9%)	7:30	8 (90.9%)
4	WIELECHOWSKA Aleksandra	1227	TURYŚCI	K30	3	01:47:48	03:20:15	05:08:10	06:34:33.25	06:34:44.60	+00:38:59 (9.9%)	7:35	7.9 (89.8%)
5	BIESZCZAD Magdalena	1460	TRESERTEAM	K40	2	01:43:05	03:13:53	05:04:06	06:41:06.40	06:41:08.80	+00:45:23 (11.3%)	7:42	7.8 (88.6%)
6	RAJCHERT Joanna	1303		K40	3	01:51:38	03:24:05	05:13:20	06:50:24.75	06:50:34.50	+00:54:49 (13.4%)	7:53	7.6 (86.4%)
7	BIENIECKA Anna	1441	WATAHA	K40	4	01:46:38	03:21:34	05:18:56	07:04:51.40	07:04:55.95	+01:09:10 (16.3%)	8:10	7.3 (83.0%)
8	WOJNAROWSKA Weronika	1087		K30	4	01:52:49	03:29:04	05:23:15	07:08:09.70	07:08:29.25	+01:12:43 (17.0%)	8:14	7.3 (83.0%)
9	WILK Wiktoria	11	SARNI TĘTENT	K30	5	01:47:17	03:22:59	05:24:21	07:13:04.00	07:13:15.80	+01:17:30 (17.9%)	8:19	7.2 (81.8%)
10	SZYMAŃSKA Agnieszka	1009	BIEGOWY WARIAT RUNNING TEAM	K40	5	01:50:49	03:37:11	05:51:39	07:22:37.80	07:22:55.70	+01:27:10 (19.7%)	8:30	7 (79.5%)
11	BARTUŚ Monika	1420		K20	1	01:51:58	03:25:08	05:37:18	07:28:04.00	07:28:04.00	+01:32:18 (20.6%)	8:37	7 (79.5%)
12	MACHAJSKA Małgorzata	1385		K30	6	01:56:16	03:39:51	05:45:03	07:31:26.80	07:31:36.70	+01:35:51 (21.2%)	8:40	6.9 (78.4%)
13	TRZEBIATOWSKA Kinga	1192		K20	2	01:54:43	03:39:18	05:54:36	07:37:15.55	07:37:58.50	+01:42:13 (22.3%)	8:47	6.8 (77.3%)
14	WIĘSEK Natalia	1273		K30	7	01:55:06	03:37:31	05:49:54	07:41:41.90	07:42:20.50	+01:46:35 (23.1%)	8:52	6.8 (77.3%)
15	KAPITSA Julia	1271	PROSWIM	K30	8	01:52:56	03:32:46	05:49:37	07:43:00.45	07:43:45.70	+01:48:00 (23.3%)	8:54	6.7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
16	STECZEK Magdalena	1155	SKL SUCHA BESKIDZKA	K30	9	01:57:35	03:37:57	05:52:00	07:46:50.35	07:47:30.10	+01:51:44 (23.9%)	8:58	6.7 (76.1%)
17	MICHALSKA-TRZASKA Joanna	1191	BIUROWE.COM.PL	K40	6	01:55:18	03:39:22	05:56:49	07:50:38.30	07:51:17.00	+01:55:31 (24.5%)	9:03	6.6 (75.0%)
18	KOT Wioleta	1186	ULTRA	K40	7	01:54:11	03:40:21	05:59:21	07:52:08.80	07:52:14.65	+01:56:29 (24.7%)	9:04	6.6 (75.0%)
19	LASZCZYK Anna Laszczyk	1046		K30	10	01:55:00	03:37:12	05:53:00	07:53:14.00	07:53:41.40	+01:57:56 (24.9%)	9:06	6.6 (75.0%)
20	SZEWCZYK Monika	1164	BRZYSKITRITTEAM	K40	8	02:03:28	03:52:20	06:05:05	07:53:43.30	07:53:43.30	+01:57:58 (24.9%)	9:06	6.6 (75.0%)
21	MAJEWSKA Fabiana	1146	GOLDEN P	K30	11	02:03:20	03:47:08	06:01:35	07:53:20.60	07:54:06.45	+01:58:21 (25.0%)	9:06	6.6 (75.0%)
22	FALTYN Aneta	1422		K30	12	02:00:09	03:46:08	05:58:36	07:55:57.10	07:56:28.90	+02:00:43 (25.3%)	9:09	6.6 (75.0%)
23	APOSTOLIK Ewa	1423	SQUADRON 303 RACING TEAM	K40	9	02:00:03	03:46:03	05:58:36	07:55:58.00	07:56:29.05	+02:00:43 (25.3%)	9:09	6.6 (75.0%)
24	HACZ Marta	1386		K40	10	02:04:05	03:53:48	06:07:18	08:00:37.10	08:00:44.75	+02:04:59 (26.0%)	9:14	6.5 (73.9%)
25	KOWALIK Anna	1079	TURYŚCI	K30	13	01:59:21	03:46:21	06:01:29	08:00:49.50	08:01:01.15	+02:05:15 (26.0%)	9:14	6.5 (73.9%)
26	CIELEMĘCKA Anna	1137		K20	3	01:47:06	03:31:11	05:52:50	08:01:00.15	08:01:34.70	+02:05:49 (26.1%)	9:15	6.5 (73.9%)
27	ORZECHOWSKA Julia	1077	MARKOWI BIEGACZE	K20	4	01:55:19	03:43:37	06:04:17	08:10:48.20	08:10:54.00	+02:15:08 (27.5%)	9:26	6.4 (72.7%)
28	PRZYWARA Dominika	1097		K20	5	02:04:51	03:51:41	06:11:49	08:11:57.75	08:12:04.35	+02:16:19 (27.7%)	9:27	6.3 (71.6%)
29	GÓRECKA Agnieszka	1250		K30	14	02:04:34	03:52:01	06:22:04	08:14:31.05	08:15:14.50	+02:19:29 (28.2%)	9:30	6.3 (71.6%)
30	FRANKOWSKA Katarzyna	1406	PRO366	K40	11	02:02:26	03:53:43	06:22:12	08:17:23.95	08:17:34.10	+02:21:48 (28.5%)	9:33	6.3 (71.6%)
31	ANTONIK Mariola	1478	ŻYJ ZDROWO NA SPORTOWO	K50	1	02:00:03	03:50:10	06:15:21	08:18:17.85	08:19:09.10	+02:23:23 (28.7%)	9:34	6.3 (71.6%)
32	STELMACH Paulina	1417		K30	15	02:08:28	03:58:16	06:25:43	08:23:38.95	08:24:07.70	+02:28:22 (29.4%)	9:41	6.2 (70.5%)
33	PODKOWSKA Karolina	1106	TEAM LUBIN RUNNERS	K20	6	02:06:14	04:01:22	06:27:18	08:29:35.70	08:30:04.60	+02:34:19 (30.3%)	9:47	6.1 (69.3%)
34	KUMIEGA Sandra	1238		K20	7	02:00:50	03:55:32	06:24:42	08:34:59.70	08:35:42.50	+02:39:57 (31.0%)	9:54	6.1 (69.3%)
35	SKÓRZAŃSKA Agnieszka	1243		K30	16	02:02:48	04:03:45	06:38:41	08:35:39.25	08:36:23.95	+02:40:38 (31.1%)	9:54	6.1 (69.3%)
36	JEDRZEJEWSKA Anna	1348	OKNOPLAST RUNNING TEAM	K30	17	02:07:56	04:06:38	06:32:11	08:37:04.25	08:37:34.70	+02:41:49 (31.3%)	9:56	6 (68.2%)
37	KULCZYK Ewa	1421	DYNAFIT TRAIL HERO	K30	18	01:53:58	03:37:34	06:25:09	08:39:34.35	08:39:36.45	+02:43:51 (31.5%)	9:59	6 (68.2%)
38	DERKOWSKA Ewelina	1358		K30	19	01:54:42	03:54:15	06:25:55	08:40:34.70	08:40:49.40	+02:45:04 (31.7%)	10:00	6 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
39	DERA Grażyna	1282		K40	12	02:04:03	04:03:46	06:38:41	08:41:34.70	08:42:19.20	+02:46:33 (31.9%)	10:01	6 (68.2%)
40	RĄB Agnieszka	1351	OBA Z GLIWIC	K40	13	02:08:12	04:11:49	06:43:22	08:42:40.95	08:42:54.65	+02:47:09 (32.0%)	10:03	6 (68.2%)
41	CHYĆKO Paulina	1110	2 OREL / MARATOŃCZYK POZNAŃ	K30	20	02:01:52	03:52:12	06:24:26	08:45:50.60	08:46:34.00	+02:50:48 (32.4%)	10:06	5.9 (67.0%)
42	KRZESZEWSKA Dorota	1055		K40	14	02:09:22	04:12:30	06:38:30	08:51:03.80	08:51:28.35	+02:55:43 (33.1%)	10:12	5.9 (67.0%)
43	PAJDOSZ Katarzyna	1228	KB BIAŁA BIEGA	K40	15	02:04:39	03:57:12	06:31:21	08:52:55.10	08:53:02.10	+02:57:16 (33.3%)	10:14	5.9 (67.0%)
44	WYSOCKA Iwona	1209	KS JANUSZE	K30	21	02:06:24	04:09:07	06:41:35	08:54:11.00	08:54:27.60	+02:58:42 (33.4%)	10:16	5.8 (65.9%)
45	GAŁECKA Dagmara	1014		K40	16	02:17:35	04:23:16	06:50:24	08:57:59.65	08:58:08.50	+03:02:23 (33.9%)	10:20	5.8 (65.9%)
46	DYR Dorota	1340		K40	17	02:03:29	04:01:43	06:41:25	08:58:37.25	08:58:48.35	+03:03:03 (34.0%)	10:21	5.8 (65.9%)
47	SOSZYŃSKA Katarzyna	1396	ULTRA WAY TEAM	K40	18	02:06:18	04:07:12	06:47:56	09:01:49.90	09:01:53.30	+03:06:08 (34.3%)	10:25	5.8 (65.9%)
48	GAWLIKOWSKA Agnieszka	1173		K30	22	02:04:56	04:00:21	06:41:21	09:01:57.65	09:02:00.55	+03:06:15 (34.4%)	10:25	5.8 (65.9%)
49	PAWELEC Krystyna	1040	DOGOŃ GRODZISK MAZOWIECKI	K60	1	02:16:34	04:17:38	06:45:48	09:02:03.70	09:02:57.20	+03:07:11 (34.5%)	10:25	5.8 (65.9%)
50	BIENIAS Joanna	1130	MIĘDZYRZECKIE GAZELE	K40	19	02:17:58	04:28:12	07:03:28	09:04:18.25	09:04:33.70	+03:08:48 (34.7%)	10:28	5.7 (64.8%)
51	LARA Natalia	1278	WARRIORS ŁÓDŹ	K30	23	02:23:14	04:31:09	07:01:53	09:08:11.70	09:08:49.80	+03:13:04 (35.2%)	10:32	5.7 (64.8%)
52	SZYMANIK Lidia	1408		K40	20	02:18:48	04:21:12	07:10:24	09:10:35.90	09:11:17.65	+03:15:32 (35.5%)	10:35	5.7 (64.8%)
53	SZULECKA Kamila	1466		K40	21	02:20:59	04:27:46	06:58:16	09:11:16.00	09:11:35.25	+03:15:49 (35.5%)	10:36	5.7 (64.8%)
54	LEPIARZ Beata	1048	W KOBIECIE SIŁA	K50	2	02:12:21	04:12:35	06:49:35	09:14:43.90	09:15:08.85	+03:19:23 (35.9%)	10:40	5.6 (63.6%)
55	MAJ Magdalena	1362		K30	24	02:14:19	04:14:49	06:58:46	09:16:19.45	09:16:59.80	+03:21:14 (36.1%)	10:41	5.6 (63.6%)
56	SZCZUR Iwona	1410		K40	22	02:18:05	04:21:49	07:05:23	09:19:18.70	09:19:34.60	+03:23:49 (36.4%)	10:45	5.6 (63.6%)
57	NOWOSIELSKA Magdalena	1311	ASICS FRONTRUNNER POLAND	K30	25	02:21:16	04:30:34	07:21:26	09:19:01.80	09:19:51.95	+03:24:06 (36.5%)	10:45	5.6 (63.6%)
58	PAWLAK Beata	1053	WYPIEKI BEATY	K40	23	02:21:30	04:30:36	07:21:28	09:19:05.55	09:19:54.50	+03:24:09 (36.5%)	10:45	5.6 (63.6%)
59	CZABAN Katarzyna	1084	KULAM SIĘ JAK GUMIKLYJZY	K30	26	02:18:00	04:23:06	07:04:13	09:20:09.25	09:20:34.60	+03:24:49 (36.5%)	10:46	5.6 (63.6%)
60	GODZIMIRSKA Eliza	1070	ADIDAS RUNNERS	K40	24	02:08:29	04:09:27	06:57:30	09:20:20.00	09:20:43.30	+03:24:58 (36.6%)	10:46	5.6 (63.6%)
61	ŻUK Wiktoria	1247	HEŃTEAM	K20	8	02:14:09	04:18:18	07:02:07	09:27:09.30	09:27:32.70	+03:31:47 (37.3%)	10:54	5.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
61	ŻUK Agata	1248	HEŃTEAM	K40	25	02:14:35	04:18:23	07:02:07	09:27:09.80	09:27:32.70	+03:31:47 (37.3%)	10:54	5.5 (62.5%)
63	MICHALCZYK Anna	1183		K20	9	02:09:31	04:15:48	07:07:18	09:27:25.20	09:27:53.90	+03:32:08 (37.4%)	10:54	5.5 (62.5%)
64	KĘDRA Agnieszka	1016	CARPATHIAN RUNNERS	K30	27	02:17:24	04:25:00	07:06:51	09:27:52.15	09:28:27.20	+03:32:41 (37.4%)	10:55	5.5 (62.5%)
65	BOJEK Beata	1428	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	K40	26	02:16:06	04:18:53	07:04:42	09:28:21.45	09:29:01.50	+03:33:16 (37.5%)	10:55	5.5 (62.5%)
66	KADE Manuela	1343		K30	28	02:09:12	04:13:45	06:59:11	09:29:46.65	09:30:09.10	+03:34:23 (37.6%)	10:57	5.5 (62.5%)
67	MIKRUT Angelika	1187		K30	29	02:13:50	04:23:46	07:08:42	09:31:37.85	09:32:08.20	+03:36:22 (37.8%)	10:59	5.5 (62.5%)
68	KOTOWICZ Iwona	1439	PODIUM	K40	27	02:13:48	04:23:53	07:08:39	09:31:38.00	09:32:08.25	+03:36:22 (37.8%)	10:59	5.5 (62.5%)
69	WITKA Grażyna	1445		K50	3	02:18:07	04:28:00	07:16:56	09:31:59.45	09:32:33.45	+03:36:48 (37.9%)	10:59	5.5 (62.5%)
70	SZYMANIK Anna	1409		K20	10	02:12:16	04:18:54	07:11:48	09:33:14.15	09:33:56.15	+03:38:10 (38.0%)	11:01	5.4 (61.4%)
71	WAŁACHOWSKA Urszula	1381	SANOK BIEGA	K30	30	02:19:00	04:24:48	07:15:00	09:35:54.00	09:36:36.50	+03:40:51 (38.3%)	11:04	5.4 (61.4%)
72	SZKAMRUK Alicja	4	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	31	02:19:20	04:30:33	07:15:36	09:38:23.05	09:38:29.45	+03:42:44 (38.5%)	11:07	5.4 (61.4%)
73	HAŁASZYN Joanna	1328		K30	32	02:20:57	04:32:11	07:22:09	09:43:09.65	09:43:43.30	+03:47:58 (39.1%)	11:12	5.4 (61.4%)
74	WIŚNIEWSKA Joanna	1158	KOWARY BIEGAJĄ	K40	28	02:16:23	04:27:32	07:15:02	09:44:49.20	09:45:31.75	+03:49:46 (39.2%)	11:14	5.3 (60.2%)
75	BLADOWSKA Katarzyna	1207	ULTRA WAY TEAM	K40	29	02:19:05	04:29:28	07:17:51	09:45:43.65	09:45:46.50	+03:50:01 (39.3%)	11:15	5.3 (60.2%)
76	GANDECKA Beata	1426	MIĘDZYRZECKIE GAZELE	K40	30	02:19:03	04:33:21	07:23:11	09:46:51.30	09:47:07.60	+03:51:22 (39.4%)	11:17	5.3 (60.2%)
77	PANUSCH Beata	1008		K40	31	02:27:20	04:36:41	07:21:08	09:48:32.05	09:48:47.70	+03:53:02 (39.6%)	11:19	5.3 (60.2%)
78	KUJAWIAK Magdalena	1405	NEED FOR SLEEP	K30	33	02:17:18	04:30:16	07:35:40	09:50:03.50	09:50:57.00	+03:55:11 (39.8%)	11:20	5.3 (60.2%)
79	WĄGRODZKA Małgorzata	1171		K40	32	02:15:23	04:21:55	07:15:49	09:52:11.55	09:52:18.70	+03:56:33 (39.9%)	11:23	5.3 (60.2%)
80	GIENIEC-CZUBA Róża	1236	BIEGANIE ZBLIŻA	K40	33	02:18:38	04:26:33	07:19:09	09:51:53.65	09:52:29.40	+03:56:44 (40.0%)	11:22	5.3 (60.2%)
81	DRZEWIECKA-GAJDA Iwona	1034	GAJDA TEAM	K30	34	02:21:03	04:35:39	07:32:51	09:59:03.65	09:59:27.00	+04:03:41 (40.7%)	11:31	5.2 (59.1%)
82	PABIAN Agnieszka	1394	HUNTERS OCR TEM	K50	4	02:16:38	04:32:52	07:32:44	10:03:33.55	10:03:45.95	+04:08:00 (41.1%)	11:36	5.2 (59.1%)
82	NOWAK Ewelina	1346	SPARTAN TRAINING GROUP TARNÓW	K40	34	02:16:40	04:32:52	07:32:51	10:03:32.85	10:03:45.95	+04:08:00 (41.1%)	11:36	5.2 (59.1%)
84	PIASECZYŃSKA-JAMBOR Agata	1007	ŻÓRAWSKI TEAM / PKO BANK POLSKI	K40	35	02:23:04	04:31:52	07:26:38	10:03:24.40	10:04:15.75	+04:08:30 (41.1%)	11:36	5.2 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						I 15km	Solinka 28km	II 41km					
85	CYRANA Monika	1365		K30	35	02:12:35	04:19:49	07:08:06	10:13:02.50	10:13:08.30	+04:17:23 (42.0%)	11:47	5.1 (58.0%)
86	KUBECKA Anna	1099		K30	36	02:28:01	04:51:49	07:46:06	10:12:53.15	10:13:21.00	+04:17:35 (42.0%)	11:47	5.1 (58.0%)
87	KOWALSKA Agnieszka	1476	KOMANDOSI	K20	11	02:11:45	04:25:25	07:01:23	10:13:42.25	10:14:07.80	+04:18:22 (42.1%)	11:48	5.1 (58.0%)
88	HAJDUK Anna	1317		K40	36	02:20:18	04:32:45	07:32:50	10:14:06.65	10:14:26.25	+04:18:40 (42.1%)	11:48	5.1 (58.0%)
89	RYSIŃSKA Magda	1240		K40	37	02:24:26	04:59:02	08:00:10	10:27:58.55	10:28:15.80	+04:32:30 (43.4%)	12:04	5 (56.8%)
90	JASIK Justyna	1321		K20	12	02:11:19	04:27:00	07:37:16	10:29:49.55	10:29:59.00	+04:34:13 (43.5%)	12:06	5 (56.8%)
91	GAŁECKA-ZIÓŁKOWSKA Kinga	1013		K30	37	02:29:16	04:54:01	07:50:35	10:35:11.95	10:35:21.80	+04:39:36 (44.0%)	12:12	4.9 (55.7%)
92	BRZUSZEK Katarzyna	1124		K40	38	02:23:58	04:42:51	07:53:04	10:34:57.05	10:35:27.00	+04:39:41 (44.0%)	12:12	4.9 (55.7%)
93	PASTWA Monika	1103		K40	39	02:27:56	04:40:10	07:53:13	10:35:29.35	10:35:47.20	+04:40:01 (44.0%)	12:13	4.9 (55.7%)
94	PASZEK Krystyna	1039	DOGOŃ GRODZISK MAZOWIECKI	K60	2	02:35:00	04:59:51	07:59:30	10:45:25.80	10:46:19.60	+04:50:34 (45.0%)	12:24	4.8 (54.5%)
95	URBAŃSKA Katarzyna	1178		K40	40	02:30:48	05:00:10	08:15:07	10:49:07.15	10:49:35.15	+04:53:49 (45.2%)	12:28	4.8 (54.5%)
96	RADZIŃSKA Kamila	1003		K40	41	02:38:10	05:01:30	08:11:41	10:51:50.35	10:52:31.40	+04:56:46 (45.5%)	12:32	4.8 (54.5%)
97	JANOWICZ Maria	1004		K50	5	02:39:32	05:09:52	08:17:33	10:53:23.80	10:53:50.85	+04:58:05 (45.6%)	12:33	4.8 (54.5%)
98	GOLEBIEWSKA Małgorzata	1044	RUN TEAM RYDZYNA	K40	42	02:38:46	05:08:11	08:14:05	11:03:13.90	11:03:36.55	+05:07:51 (46.4%)	12:45	4.7 (53.4%)
99	KRUSZEWSKA Emilia	1257		K30	38	02:31:56	05:05:35	08:17:46	11:10:23.50	11:10:36.70	+05:14:51 (47.0%)	12:53	4.7 (53.4%)
100	KEMPISTY Anna	1300	OIL WARSZAWA/12TRI.PL	K50	6	02:33:50	05:04:25	08:20:19	11:17:41.25	11:18:16.45	+05:22:31 (47.5%)	13:01	4.6 (52.3%)
101	BACHÓRZ Agnieszka	1382		K40	43	02:38:26	05:11:55	08:33:24	11:29:04.90	11:29:55.65	+05:34:10 (48.4%)	13:15	4.5 (51.1%)
102	VLADOIU Dagmara	1071		K40	44	03:00:43	05:27:39	08:39:11	11:30:24.80	11:30:47.25	+05:35:01 (48.5%)	13:16	4.5 (51.1%)
103	ZIÓŁKOWSKA Bożena	1225	BIEGUNY WALBA	K40	45	02:36:57	05:11:16	08:25:21	11:36:35.90	11:37:10.85	+05:41:25 (49.0%)	13:23	4.5 (51.1%)
104	KOLTERNIAK Monika	1036	QUEENS PARK HARRIERS	K40	46	02:51:37	05:36:30	09:03:50	11:48:39.50	11:48:54.15	+05:53:08 (49.8%)	13:37	4.4 (50.0%)
105	LISIK Justyna	1290		K40	47	02:42:16	05:16:46	08:46:06	11:53:03.15	11:53:32.85	+05:57:47 (50.1%)	13:42	4.4 (50.0%)
106	MAŃKA Magdalena	1049	ZRYW PARZYMICHY	K40	48	02:38:36	05:26:48	08:53:10	11:59:41.25	11:59:46.70	+06:04:01 (50.6%)	13:50	4.3 (48.9%)
107	MIŁOSZ Maria	1056	KASZANKI	K30	39	02:53:43	05:46:32	09:30:28	12:31:35.60	12:32:22.70	+06:36:37 (52.7%)	14:27	4.2 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki I 15km	Solinka 28km	Roztoki II 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
108	OLSZEWSKA Ewa	1373	T. G. SOKÓŁ GNIEWKOWO	K40	49	02:56:30	05:40:28	09:14:49	12:46:59.45	12:47:26.20	+06:51:40 (53.6%)	14:44	4.1 (46.6%)
109	MICHALCZYK Iwona	1184		K50	7	04:14:37	06:54:26	10:00:23	12:50:26.55	12:50:55.95	+06:55:10 (53.9%)	14:48	4 (45.5%)
110	OBARSKA Małgorzata	1223		K60	3	03:10:13	06:02:38	09:39:57	12:52:21.50	12:53:00.10	+06:57:14 (54.0%)	14:51	4 (45.5%)
111	WÓDZ Anna	1433	SZAKALE BAŁUT ŁÓDŹ	K30	40	02:50:48	05:43:17	09:54:28	12:54:31.50	12:55:19.85	+06:59:34 (54.1%)	14:53	4 (45.5%)
111	JAWORSKA Magdalena	1471	SZAKALE BAŁUT ŁÓDŹ	K30	40	02:50:52	05:43:18	09:54:32	12:54:30.65	12:55:19.85	+06:59:34 (54.1%)	14:53	4 (45.5%)
113	FABJAŃCZYK Agnieszka	1459	GRUPA JURA PL	K40	50	02:57:25	05:55:05	09:46:13	12:56:42.60	12:57:04.10	+07:01:18 (54.2%)	14:56	4 (45.5%)
114	MATERA Kinga	1458		K20	13	02:58:27	05:55:05	09:46:21	12:56:43.55	12:57:04.30	+07:01:19 (54.2%)	14:56	4 (45.5%)
Przekroczony limit czasu: 13:00:00													
115	BORKOWSKA Ewa	1179		K60	4	04:03:08	07:27:03		14:52:29.15	14:53:21.50	+08:57:36 (60.2%)	17:09	3.5 (39.8%)

Znaleziono 115 wynik(ów)